

Eating Well

Boost Your Family's Health With These Time-savers

(NAPSA)—Keeping mealtimes healthy and delicious for today's on-the-go family can be easier than many realize.

To help, Earthbound Farm's Executive Chef Sarah LaCasse offers these tips for "convenience without compromise."

• **Pick prewashed salad**

greens: A salad is one of the easiest ways to ensure an extra serving of vegetables. Prewashed greens are ready to use right out of the package. Organic greens, which are grown in ways that protect the health of



Sarah LaCasse

people and the planet, cost about the same as conventional prewashed salad greens while offering flavor, freshness and convenience.

• **Pick ready-to-use cooking greens:** Saves the washing, de-stemming and chopping that can mean many minutes of prep time.

• **Chill out with frozen foods:** Reduce what is sometimes intimidating prep time and gain optimum nutrition by reaching for frozen fruits and vegetables. Keep a reserve of frozen produce in your freezer, ready for any meal.

Braised Kale with Butternut Squash and Bacon

Serves 4

- 6 to 8 ounces thick-sliced bacon, cut into 1-inch pieces**
- 1 medium Earthbound Farm organic yellow onion, peeled, cut in half and thinly sliced (about 1½ cups)**
- 3 to 4 cloves Earthbound Farm organic garlic, thinly sliced**
- 1 pinch red pepper flakes**
- 1 bag (10 ounces) Earthbound Farm frozen organic butternut squash, not defrosted**
- 1 cup chicken broth or vegetable broth**



- 1 clamshell (5 ounces) Earthbound Farm Organic Mixed Baby Kales**
- ¼ cup chopped fresh Earthbound Farm organic Italian parsley**
- Salt and pepper to taste**

Heat a large skillet over medium heat; when hot, add bacon. Cook, stirring frequently, until the bacon is crisp. Transfer the bacon to paper towels to drain. Add the onion to the skillet with the bacon fat and cook, stirring occasionally, until the onion begins to soften, about 5 minutes. Add the garlic and pepper flakes and cook, stirring frequently, for 2 minutes. Add the butternut squash and broth to the skillet and cook, covered, for 5 minutes. Add the kale and cook uncovered until the squash and kale are tender and almost all of the braising liquid has been absorbed, about 3 minutes, adding more broth if needed. Stir in the bacon and parsley; season with salt and pepper to taste. Serve hot.

For more "convenience without compromise" recipes from Earthbound Farm, visit www.earthboundfarm.com. Sign up today for its Take an Organic Step Forward program to get a weekly coupon and daily delicious deals and ideas directly in your in-box. Earthbound Farm is making it easy, fun and rewarding to incorporate organic living into your life—one step every day.